Steven Porter

Ap Literature

Living One Day at a Time

This is a good title, but include a heading.

On the disappointingly scarce instances when I go for a run, I find that I can't run on a looped track without quitting early.

I feel the same way.

This is due to the fact that when I start to run on the track, I begin to feel fatigue very quickly and all I can think of is how many more laps I have to do in order to reach my one mile mark, my two mile mark, and so on. Instead of simply running for exercise and meditation, I find myself completely focused on the seemingly impossible goal of running yet another lap. I feel the exhaustion of my muscles and it seems to me like I can't go on any longer, so I give up and go home without running anything close to the length that I have the potential to.

However, I have found that when I run on the open road it is an entirely different experience for me. As I run down the road, I'm focused on the moment. I admire the scenery, the multitude of colors surrounding me, the crisp sensation of the wind on my face, and even the sounds of the frogs alarming each other of my presence as I run past nearby ponds. Without having the burden of thinking about the past laps I have already ran, or how many laps I will run, I am free to actually enjoy the experience of running. I notice the little things and enjoy them instead of only focusing on myself and how much longer I have to run before I reach my target running distance. I also find myself in a form of meditation in which my mind is clear and free of worry or stress. Running on a track is hard physical labor for me, but running on the open road is almost a spiritual experience.

My view on running is the same view that I apply to my everyday life. For many years, my way of living was so involved in events that weren't occurring in the present that I never actually dealt with the present, which resulted in even more problems for myselfme. Every day of my life I couldn't help but try to deal with every single problem that I saw in my life. But I have found another way. Now, instead of focusing on all of the things that I have done wrong in the past or all of the situations that I will have to face in the future, I live for today. The problems in my life that I deal with today are the problems that I have to face today, which in my personal experience is a better approach to my life. This doesn't mean that I never make plans or goals, it simply means that I deal with things at the appropriate time and place. I appreciate life at an impressively higher level, and I have found true happiness from living the way I do today.

I believe in taking life one day at a time, for doing so has brought me happiness and satisfaction that I previously thought was unattainable.

Nice job building up to this statement.